



# Striploin Steak and Sun-Dried Tomato Cream Sauce

with Roasted Potatoes and Walnut-Topped Green Beans

Striploin Special 45 Minutes



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Striploin Steak



Double Striploin Steak



Yellow Potato



Green Beans



Chives



Garlic, cloves



Walnuts, chopped



Cream



Parmesan Cheese, shredded



Sun-Dried Tomato Pesto



Garlic Salt

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

### HELLO SUN-DRIED TOMATO PESTO

*This pesto gets its natural sweetness from sun-dried tomatoes!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

## Bust out

2 Baking sheets, measuring spoons, aluminum foil, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Double Striploin Steak	740 g	1480 g
Yellow Potato	350 g	700 g
Green Beans	170 g	340 g
Chives	7 g	14 g
Garlic, cloves	1	2
Walnuts, chopped	28 g	56 g
Cream	56 ml	113 ml
Parmesan Cheese, shredded	¼ cup	½ cup
Sun-Dried Tomato Pesto	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



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### Prep and roast potatoes

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **pepper** and **half the garlic salt**, then toss to coat.
- Roast in the **top** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the top and bottom of the oven, rotating sheets halfway through.)



### Cook green beans

- Meanwhile, trim **green beans**.
- Peel, then mince or grate **garlic**.
- Reheat the same pan over medium.
- When hot, add **green beans** and ¼ cup (½ cup) **water**. Cook, stirring occasionally, until **water** evaporates and **green beans** are tender-crisp, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter**. Swirl the pan until melted. Add **half the garlic**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**, to taste.
- Remove from heat, then add **half the Parmesan**. Toss to combine.
- Transfer to a plate and set aside.



### Toast walnuts

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Remove from heat. Transfer **walnuts** to a plate.
- Carefully wipe the pan clean.



### Make sauce

- Meanwhile, finely chop **chives**.
- Reheat the same pan over medium.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **cream**, **pesto** and **remaining Parmesan**. Cook, stirring occasionally, until **sauce** thickens slightly and **Parmesan** melts, 1-2 min. Season with **salt** and **pepper**.
- Remove from heat, then stir in **half the chives** and **any resting steak juices** from the baking sheet.



### Sear and roast steak

- Pat **steak** dry with paper towels. Season with **pepper** and **remaining garlic salt**.
- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **steak**. Sear until golden-brown, 2-4 min per side.
- Remove from heat and transfer **steak** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked to desired doneness, 5-8 min. **\*\***
- When done, transfer **steak** to a cutting board to rest for 5 min. Loosely cover with foil.

If you've opted for **double the striploin steak**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of striploin steak**. Work in batches, if necessary.



### Finish and serve

- Thinly slice **steak**.
- Divide **steak**, **potatoes** and **green beans** between plates. Top **green beans** with **walnuts**.
- Spoon **sauce** over **steak**, then sprinkle with **remaining chives**.

## Dinner Solved!